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ABSTRACT

This book provides a crash course on college success and advice to maximize the college experience, including studying smarter but not harder, staying motivated, preparing for examinations, and balancing work and play. The chapters are: (1) "You're in the Big Time Now"; (2) "Where To Find the Help You Need"; (3) "A Few Words about Professors"; (4) "Zen and the Art of Course Selection"; (5) "Major Decisions: Selecting A Field of Study"; (6) "Classes, Work, and Play: Adjusting to the Demands of College"; (7) "Timely Tips: The ABC(&D)s of Time Management"; (8) "'I Think I Can, I Think I Can': Getting and Staying Motivated"; (9) "Arrrrrrrrrrgh! And Other Ways To Handle Stress"; (10) "What's It All About? Understanding How You Learn"; (11) "A Moment of Silence, Please: Concentrating While You Study"; (12) "Your Course Syllabus Is Your Friend"; (13) "What's Up, Doc? Understanding Your Prof's Expectations"; (14) "Take Note"; (15) "Getting in Gear: Preparing To Read Your Texts"; (16) "Active Reading"; (17) "Three R's and an M: Remembering What You Have Read and Heard"; (18) "Studying Smarter"; (19) "Getting the Most from Computers"; (20) "It's More than Multiple-Guess: Prepping for and Taking Objective Exams"; (21) "Bluebook Blues: Prepping for and Taking Essay Exams"; and (22) "Is That Your Final Answer?" (SLD)